

Moi-moi

Nigerian steamed Bean Pudding



In Ghana, it is commonly known as 'Alele' or "Olele'.

In Nigeria it known as "Ole'.

A protein-rich food which is staple in Nigeria.

Ingredients

Peeled Black-eyed Beans



Tatase (Bell Pepper)

Titus Fish



Eggs



Rodo (Chilli Pepper)

Ginger



Salt



Ede (Cray Fish)

Garlic



Groundnut Oil



Ewe Eran
(*Thaumatococcus daniellii*)

 **Moi-moi** can be eaten with Rice, Ogi (Pap), Hausa Koko



Thaumatococcus daniellii (Moi-moi Leaf)

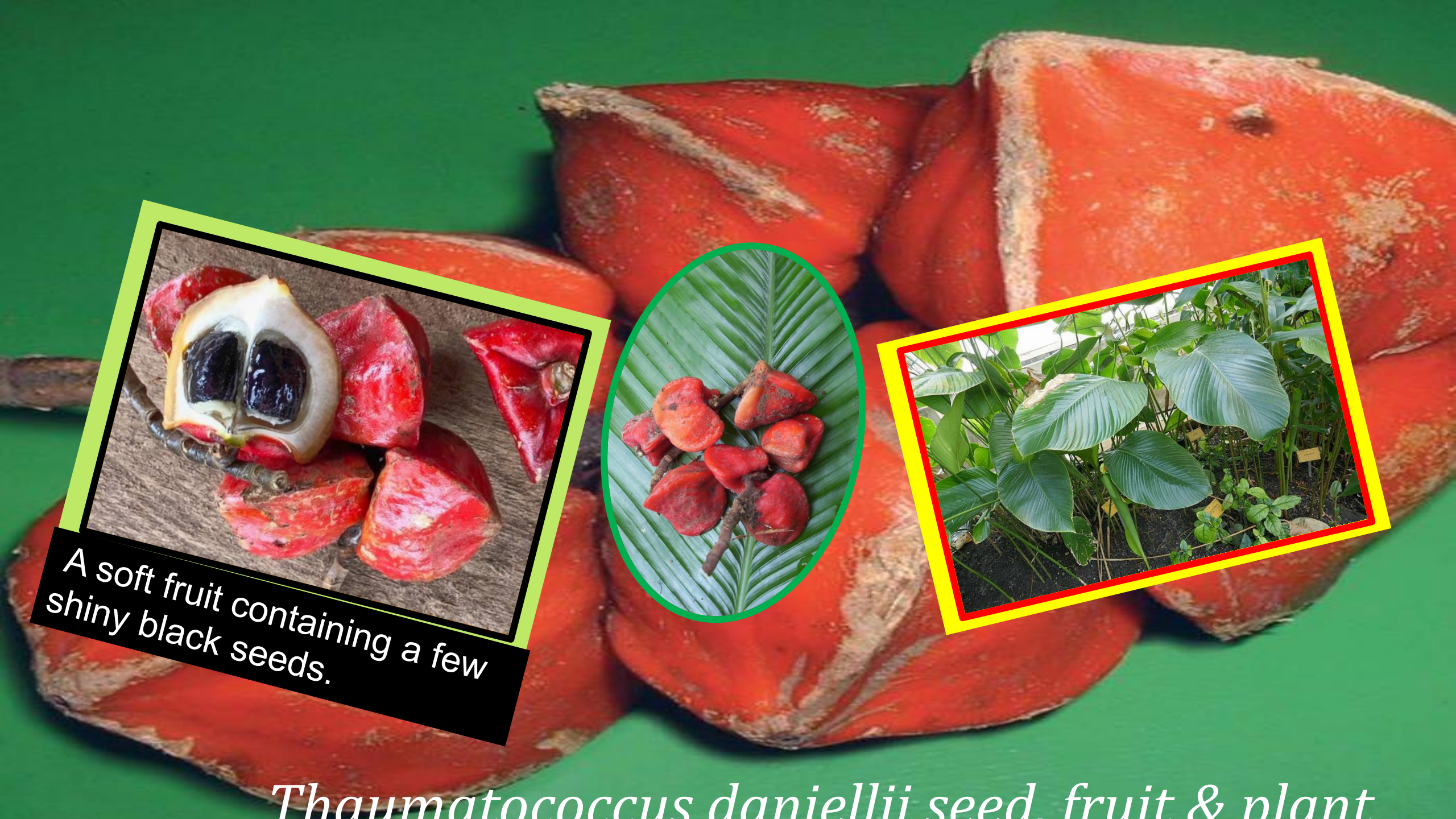
A plant species in Africa, it is a natural source of thaumatin, an intensely sweet protein.

Thaumatococcus daniellii grows three to four meters in height, and has large, papery leaves up to 46 centimeters long.



Thaumatococcus daniellii (Moi-moi Leaf) In Nigeria, it is popular referred to as soft cane. The Yorubas call it Ewe-Eran or Adundunmitan and to the Igbos it is called Akwukwo Elele.





A soft fruit containing a few shiny black seeds.



Thaumatococcus daniellii seed fruit & plant

In Nigeria, the leaves are also used for wrapping foods such as locust beans (iru), ofada(rice), pounded yam (iyan), ekuru (beans pudding without pepper), pap (eko)



ofada(rice)



Pap (eko)

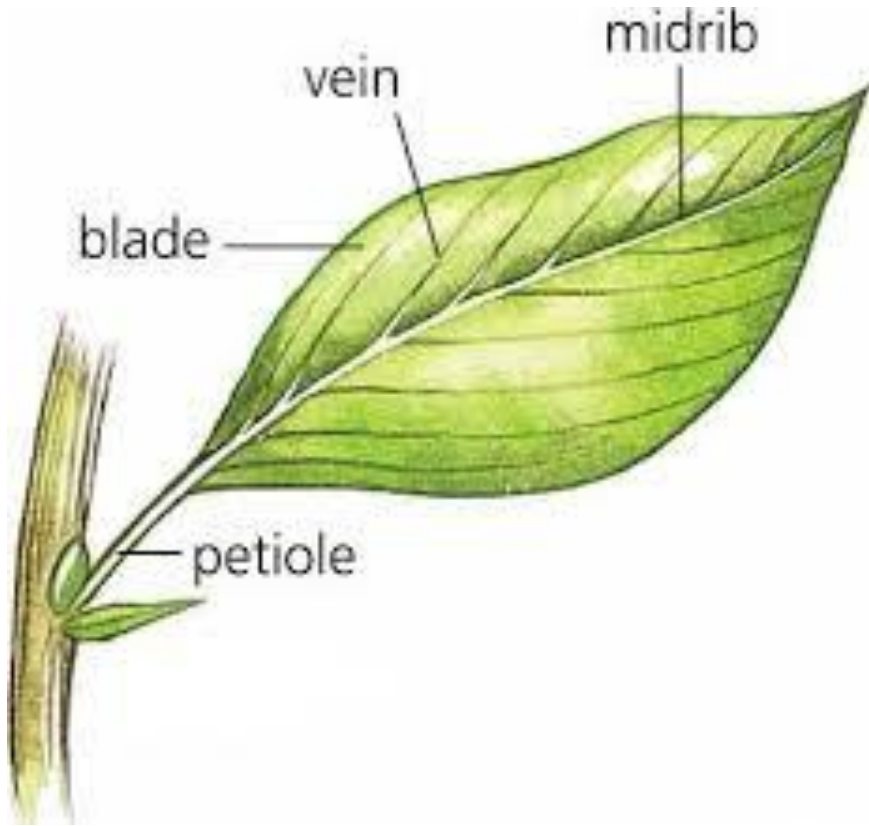


locust beans (iru)



ekuru (beans
pudding without
pepper)

The petiole is used to weave mats and as tools as well as building materials.





Thaumatococcus daniellii seed is a source of natural antioxidant and may be exploited for the treatment of kidney and liver diseases.

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